
CHILD-ADOLESCENT PERFECTIONISM SCALE

This is a chance to find out about yourself. It is not a test. There are no right answers and everyone will have different answers. Be sure that your answers show how you actually are. Please do not talk about your answers with anyone else. We will keep your answers private and not show them to anyone.

When you are ready to begin, please read each sentence below and pick your answer by circling a number from “1” to “5”. The five possible answers for each sentence are listed below:

- 1 = False—Not at all true of me
- 2 = Mostly False
- 3 = Neither True Nor False
- 4 = Mostly True
- 5 = Very True of me

For example, if you were given the sentence “I like to read comic books,” you would circle a “5” if this is very true of you. If you were given the sentence “I like to keep my room neat and tidy,” you would circle a “1” if this was false and not at all true of you. You are now ready to begin.

Please be sure to answer all of the sentences.

	False			True	
1. I try to be perfect in everything I do.	1	2	3	4	5
2. I want to be the best at everything I do.	1	2	3	4	5
3. My parents don't always expect me to be perfect in everything I do.	1	2	3	4	5
4. I feel that I have to do my best all the time.	1	2	3	4	5
5. There are people in my life who expect me to be perfect.	1	2	3	4	5
6. I always try for the top score on a test.	1	2	3	4	5
7. It really bothers me if I don't do my best all the time.	1	2	3	4	5
8. My family expects me to be perfect.	1	2	3	4	5
9. I don't always try to be the best.	1	2	3	4	5
10. People expect more from me than I am able to give.	1	2	3	4	5
11. I get mad at myself when I make a mistake.	1	2	3	4	5
12. Other people think that I have failed if I do not do my very best all the time.	1	2	3	4	5
13. Other people always expect me to be perfect.	1	2	3	4	5
14. I get upset if there is even one mistake in my work.	1	2	3	4	5
15. People around me expect me to be great at everything.	1	2	3	4	5
16. When I do something, it has to be perfect.	1	2	3	4	5
17. My teachers expect my work to be perfect.	1	2	3	4	5
18. I do not have to be the best at everything I do.	1	2	3	4	5
19. I am always expected to do better than others.	1	2	3	4	5
20. Even when I pass, I feel that I have failed if I didn't get one of the highest marks in the class.	1	2	3	4	5
21. I feel that people ask too much of me.	1	2	3	4	5
22. I can't stand to be less than perfect.	1	2	3	4	5
